IN THE CLAIMS

- 1. (Original) A composition for producing a satiation effect and for weight reduction comprising at least one compound which is swellable and comprises nutrients or active compounds or mixtures of nutrients and active compounds.
- 2. (Currently Amended) The composition as claimed in claim 1, characterized in that wherein the swellable compound comprises anionic polymers.
- 3. (Currently Amended) The composition as claimed in one of claims 1 or 2, characterized in that claim 1, wherein the anionic polymers present are polysaccharides.
- 4. (Currently Amended) The composition as claimed in one of claims 1 to 3, characterized in that claim 1, wherein it comprises polyuronic acid-containing polysaccharides.
- 5. (Currently Amended) The composition as claimed in one of claims 1 to 4, characterized in that claim 1, wherein the polyuronic acid-containing polymers are alginic acid or its derivatives or cellulose or its derivatives or mixtures of said compounds.

- 6. (Currently Amended) The composition as claimed in one of claims 1 to 5, characterized in that claim 1, wherein the polymers having a low degree of esterification present are pectins, xanthan, tragacanth, chondroitin sulfate or mixtures of these compounds.
- 7. (Currently Amended) The composition as claimed in one of claims 1 to 6, characterized in that claim 1, wherein the polymers having a low degree of esterification present are pectins, xanthan, tragacanth, chondroitin sulfate or mixtures of these compounds.
- 8. (Currently Amended) The composition as claimed in one of claims 1 to 7, characterized in that claim 1, wherein the nutrients present are vitamins, amino acids, minerals or trace elements.
- 9. (Currently Amended) The composition as claimed in one of claims 1 to 8, characterized in that claim 1, wherein the active compounds present are vitamins, trace elements or pharmaceutical active compounds.
- 10. (Currently Amended) The composition as claimed in one of claims 1 to 9, characterized in that Claim 1, wherein it is present in the form of a powder.

- 11. (Currently Amended) The use of a composition as claimed in one of claims 1 to 10 claim 1 for producing a satiation effect and for weight reduction.
- 12. (Currently Amended) The use of a composition as claimed in one of claims 1 to 10 claim 1 for the delayed release of nutrients or active compounds or mixtures thereof.
- 13. (Currently Amended) The use of a composition as claimed in one of claims 1 to 10 claim 1 for the preparation of a composition for producing a satiation effect and for weight reduction.
- 14. (Currently Amended) The use of a composition as claimed in one of claims 1 to 10 claim 1 for the preparation of a composition for the delayed release of nutrients or active compounds or mixtures thereof.
- 15. (Currently Amended) The use as claimed in claim 14, characterized in that wherein a composition as claimed in one of claims 1 to 10 claim 1 is stirred into a liquid, preferably water, fruit juice, milk, coffee or tea beverages.

16. (Currently Amended) The use as claimed in claim 15, characterized in that wherein a beaker consisting of two containers (3) and (4) is employed, where a liquid (5) is situated in or filled into one container (4), and the other container (3) contains the composition (2) as claimed in one of claims 1 to 10, claim 1, which composition is introduced into the liquid (5) by bringing the opening of the container containing the composition (2) over the opening of the container containing the liquid.